

## CYLA Practice Frequency and Duration Policy

Age Group	Recommended practices per week	Max practices per week	Recommended length of practice	Max length of practice	Recommended games per week
High School	4-5	5	2-2.5 hrs	3 hrs	1-2
U-15	4-5	5	90-120 min	2.5 hrs	1-2
U-13	3-4	5	75 - 90 min	2 hrs	1-2
U-11	2-3	4	1 hr - 75 min	2 hrs	1-2
U-9	1-2	3	45 min - 1 hr	1.5 hrs	1-2